



## H30 Challenge Bike Winner Announced

The grand prize winner for the South Gippsland H30 Challenge has been announced.

Congratulations to Jasmine Crutchfield who successfully swapped sugary drinks for water for 30 days, after signing up to the H30 Challenge at the Youth Expo held at the Salvation Army in Leongatha.

The H30 challenge aimed to promote the benefits of switching to water which include: lower health risks, weight loss and even financial savings. Jasmine was presented with her prize, a bike purchased locally to her own specifications, at Salvocare Eastern where she works in Youth Services.

Jasmine was pleased to be presented with the prize and said she enjoyed setting an example for young people to choose water.

“The H30 Challenge was a great initiative. We were pleased that Council came along to the Youth Expo to promote the challenge and to encourage everyone to make the switch. I would like to thank Council, VicHealth and the H30 Challenge for this fabulous prize.”

The successful winner was randomly selected from people who signed up to complete the challenge. You can find out more about the promotion at [www.h30challenge.com.au](http://www.h30challenge.com.au).

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